

## **ABSTRACT**

**Title:** Effect of physical activity Nordic Walking on body composition and cardiorespiratory parameters in individuals after kidney transplantation and dialysis individual.

**Objective:** The aim of the study was to determine the effect of physical activity Nordic Walking on body composition and cardiorespiratory parameters in individuals after kidney transplantation and dialysis individual.

**Method:** This thesis has been prepared in the form of a qualitative case study. The study involved 9 probands at the beginning, but only 5 probands completed the study. It was done the input examination before the intervention. The intervention was made from 20 lessons of Nordic Walking which should take 60 minutes each of them. Then were probands tested again like the output examination. During these both examination were measured specific values of body composition, anthropometric values (height, weight, age, circuit level), as well as the distribution of muscle and fat mass in the body, the value of physical fitness, respectively. cardiorespiratory parameters of the individual, for which was used the spiroergometric test within a modified Balke's walking test. For to detect the quality of life was used before and after intervention standardized questionnaire assessing quality of life WHOQOL-BREF. Last but not least, each proband was asked about the current health status and regular physical activity performed within the period of three months before the input testing.

**Results:** The results obtained in this thesis confirmed that regular physical activity Nordic Walking has a positive effect on cardiorespiratory parameters in patients after kidney transplantation. Results in the quality of life and changes of the body composition weren't so convincing. The dialysied patient didn't confirm any of hypothesis. The effective training plan must be accompanied by the motivation and Nordic Walking must be done with individual heart rate which will be adequate for increasing physical condition.

**Keywords:** kidney transplantation, Nordic Walking, spiroergometry, anthropometry, body composition, quality of life, Balke's walking test, aerobic fitness